

ABSTRACT OF THE DISCLOSURE

The food bar usable for treating arthritic conditions is made of from about 250 mg to about 2500 mg of 2-amino-2-deoxyglucose sulfate, 2-amino-2-deoxyglucose sulfate hydrochloride, n-acetyl 2-amino-2-deoxyglucose sulfate, or combinations thereof; from about 200 mg to about 2000 mg of protein; from about 10 mg to about 8000 mg of a flavoring; from about 100 mg to about 2500 mg of a Vitamin B, Vitamin C, Vitamin E or complexes thereof; and from about 1000 mg to about 9000 mg of a fiber. A method for improving joint mobility in a subject comprising administering to the subject an amount of the food bar involves administering to a subject an amount of the supplement on a regular basis.